

Simple Skillet Sweet Potatoes

Swick

Makes 3 cups | Active Time: 10 minutes | Total Time: 30 minutes

Step 1: Preparing the potatoes

- 4 medium-large sweet potatoes Wash, peel and cut sweet potatoes into medium dice.

Step 2: Cooking the potatoes

- 1 Tbsp vegetable margarine or coconut oil In a heavy skillet melt margarine/oil.
Add sweet potatoes and stir to coat.

Step 3: Adding the flavorings

- 1/4 cup maple syrup Add sweeteners, spices, and optional vanilla.
- 1/4 cup sugar
- 1/3 cup orange juice Bring to a boil. Cover, reduce heat, and simmer until tender, about 20 minutes.
- 3/4 cup diced pineapple
- Your favorite spices to taste (recommended:cinnamon, clove)
- Optional: vanilla extract to taste